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**MESKANAHK KA-NIPA-WIT SCHOOL**

*Where Education, Community and Culture meet.*

Principal: Jerilynn Breaker  
Assistant Principal: Alison Robles  
Admin Assistant: Keishea Northwest  
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Tânsi kâhkiyaw ohnîkîhikomâwak, Kohkomak ekwa Mosomak,

We hope that everyone had a fun and memorable Miyoskamin break! Seeing all the awasisak ekwa oskayak on Tuesday morning was so nice.

We had a great turnout for our Miýoskamin Ohnikikomawak Engagement! Ay-hay ohnîkîkomâwak for coming out to support your child's education.

Ayiki pisim-Frog moon looks to be a busy month. It's hard to believe we only have three more months of school. With only three months of school left, it is essential for your child to be attending every day. We are happy to see more of our awasisak ekwa oskayak starting to attend more regularly, and we thank you for that.

We are now heading in to the final term of school this year. It is so important that awasisak and oskayak are continuing home reading; coming to school each day and always making an effort in class. Don't forget that what you are learning in school this year prepares you for your grade next year. So always remember to try your best!!

Our oskiniskwew ekwa oskinikiw program has been quite successful. The girls are making some beautiful ribbon skirts with Elders Geraldine and Lavenia. The boys have been learning about oskapewisowin-helpers from our Elders Carl and Randy.

Next week we will have our **Miyoskamin Community night from 4 - 6pm**. Come out and join us for some fun literacy and nehiyawewin activities.

**Ekosi pitama,  
Jerilynn Breaker**



# A.P. ekwa School Counsellors

Tânsi Kâkiyaw,

I hope everyone had a restful spring break, I sure enjoyed my break but I am happy to be back and it is wonderful to see all the awasisak ekwa oskayak back at school! I am looking forward to more warmer weather as well. The snow is surely melting and it does get muddy outside, please make sure your child is properly dressed for this beautiful spring weather. A new term is upon as well, I look forward to seeing what the students will be learning this upcoming term! They all worked so hard this past term and I am very proud of the hard work they have done.

Ay hay!

**Mrs. Robles**  
**Vice Principal**

## Self-Care

With the arrival of spring we have a new season that creates excitement for warmer weather. While we may be busy tending to our yards after the snow melts or going through our homes to do a spring cleaning remember that it's important to take care of yourself too.

Recognizing the signs of stress and being aware of your triggers can help to reduce overwhelming feelings. I came across a term called "Glimmer" which is the opposite of a trigger. Glimmers are any moments in your day that bring you joy, happiness, peace, gratitude, or love. The more you look out for a glimmer the more you'll notice them!

Here are some self-care tips:

- **Feel the sun on your face and enjoy soaking up the warmth**
- **Drink enough water to stay hydrated**
- **Go for a walk**
- **Balance your screen time**
- **Talk to a friend**
- **Set a bedtime routine**
- **Eat a balanced diet**
- **Make a list of things that bring you joy**
- **Do ceremony or take part in spiritual/religious activities**



Making time for self-care is easier said than done, but it is the first step to creating a mentally and physically happier and healthier you!

**Ekosi pitama,**  
**Tammy Auten-Dye ekwa Jenine Fehr**



# Sesawiwin (PE) ekwa Nehiyawewin update

Tânsi Kakiyaw,

## Sesâwîwin- PE

Tansi, Badminton season has started with the grade 5/6 attending a tournament in Ermineskin on March 14th, we had Carmen Potts come away with bronze medal playing singles, very well done my girl. Badminton tournament for the JR High is set on April 16, in Alexander.



Ekosi pitama,  
**Coach Mr. Longjohn**

Tânsi Kâhkiyaw,  
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## ᐅ"Δ↳∇·Δ·ᐅ Nehiyawewin

We are happy to see the return of niskak (geese) and ohpikihcikâna (things that grow)!

The month of ayikipîsim (Frog moon) will be filled with review of the ideas and skills that we've learned up until now, as well as adding new songs, phrases and activities surrounding wahkohtowin (relationship) and nehiyaw mâmitoneyihcikan (Cree thought/conscience) to each of our nehiyawewin knowledge banks.

As we look forward to spring and summer gatherings, it's important that we remember what it is to be a good relative to all, guided by traditional nehiyaw values and worldviews.

**Theresa Charles**  
**Elementary Cree Teacher**  
ekwa  
**Christina Buffalo**  
**Jr. High Cree Teacher**




# Calendar



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April

Poni Ayamiheiw kisikaw <b>Sunday</b>	peyak kisikaw <b>Monday</b>	niso kisikaw <b>Tuesday</b>	nisto kisikaw <b>Wednesday</b>	newo kisikaw <b>Thursday</b>	niyanan kisikaw <b>Friday</b>	nikotwasik kisikaw <b>Saturday</b>
	<b>1</b> Kîyâskîw Kîsikâw - April Fools	<b>2</b> Return Ribbon Skirt/Shirt Day	<b>3</b>	<b>4</b>	<b>5</b> Dress like a Student/ Teacher	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Steve Harmer Presentation	<b>10</b>	<b>11</b> Miyoskamin Carnival 4-6pm	<b>12</b> PD Day - No School	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Superhero Day Ribbon Skirt/Shirt Day	<b>17</b>	<b>18</b> Gr 5/6 Indoor Soccer @ Kisipatinahk	<b>19</b> Practice Fire Drill	<b>20</b>
<b>21</b>	<b>22</b> Earth Day 	<b>23</b> School Bus Driver Day	<b>24</b> Admin. Assistants Day	<b>25</b>	<b>26</b> PD Day - No School	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Ribbon Skirt/Shirt Day				

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 Follow us on our School Facebook page  
<https://www.facebook.com/meskanahkaknipawit>

# Parent Information

Students Dress Like a Teacher

**Friday  
April 5th**



Teachers Dress Like a Student

*Steve Harmer*  
Presentation:  
April 9th



APRIL 16TH  
**DRESS LIKE A  
SUPERHERO!**

**MIYOSKAMIN  
CARNIVAL**

Thursday **March**

**April 11**

4 to 6pm

- Arts + Crafts •
- Painting •
- Yummy food •
- and much more!

**JOIN US FOR LOTS OF FUN!**

thank you

**Bus Driver  
Appreciation Day**

April 23rd



*Birthdays of the Month:*

- Krayton Mackinaw - Mar-2
- Kyliyah Holloway - Mar-3
- Ryder Okeymow-Crier - Mar-4
- Maci High Elk-Buffalo - Mar-6
- Taylor Standingontheroad - Mar-6
- Tyra Standingontheroad - Mar-11
- Kennedy Rabbit - Mar-13
- Airyana Cattleman - Mar-18
- Kendall Lightfoot-Armstrong - Mar-23
- Cambria Currie - Mar-25

**Perfect Attendance!**

Justice Mackinaw



**School begins  
at 8:25 and  
ends at  
3:30pm**

We kindly ask that you do not drop off your child before 8:25am. Ay-hay

